

The Carb Lover's **BLUEPRINT**



**Presented by
Mike Geary**

THE TRUTH ABOUT FAT BURNING FOODS

THE CARB LOVER'S BLUEPRINT

Presented By Mike Geary, "The Nutrition Watchdog"

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MY DISCLAIMER

The legal mumbo-jumbo aside, the truth is that you can go ahead and ask your physician for nutrition advice – but don't expect to get quality answers.

This will offend a LOT of people, but most doctors simply have no clue of what you should eat.

In fact, one study showed that more than 50% of doctors have LESS nutritional knowledge than their patients (which are mostly clueless too). (Reference: Am J Clin Nutr September 1993 vol. 58 no. 3 319-325)

The simple fact that hospitals still serve junk like sugar-laden Jell-O and other processed foods to their patients proves once again that you should never rely on the medical industry to give you nutrition advice.

The only way you can get a different body and life is by taking different steps than the millions of overweight people in the US and around the world. It starts by getting information from independent sources that really care about your results.

Thankfully, that's what you're doing right now.

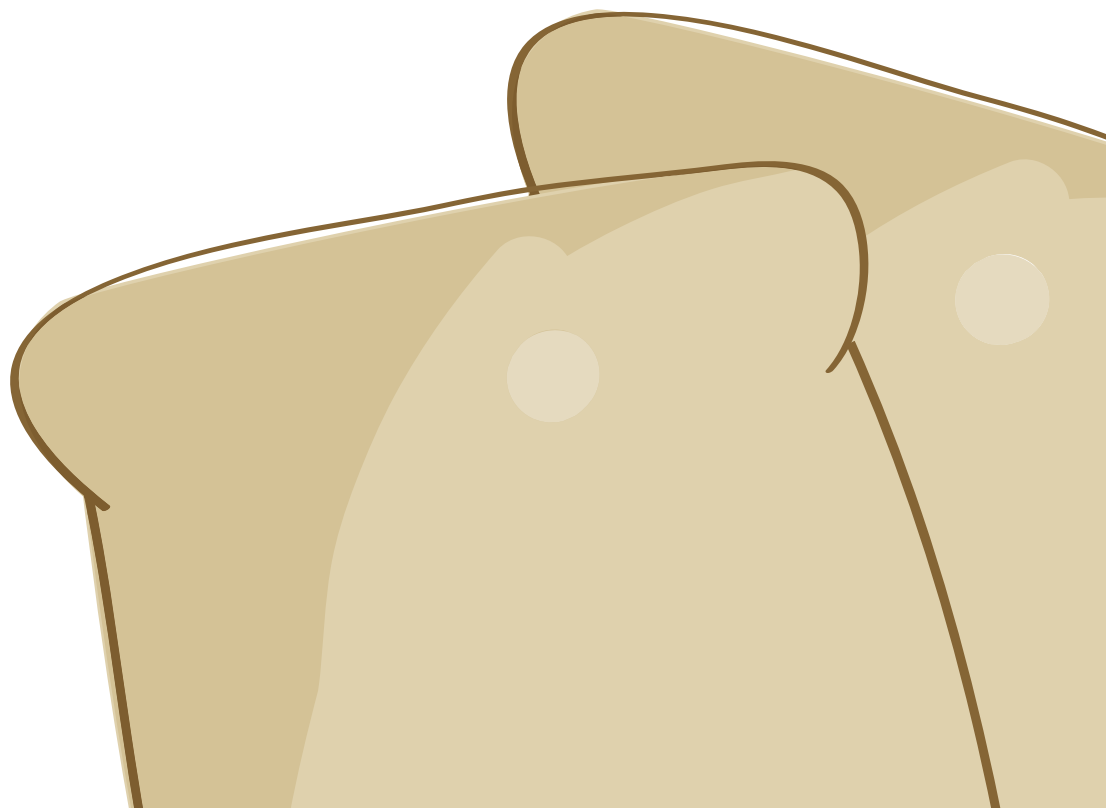
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Understand Carbs: The Double Edged Sword

If you want faster fat-loss, you have to consciously be aware of HOW and WHY carbs can make you fat – so you can avoid all of their negative side effects.

There are a few basic scientific principles you need to understand about carb intake, exercise, and rapid fat-loss. If you've ever listened to mainstream diet advice in the past you may be slightly confused... so understanding these basics will change the way you look at carbs, dieting, and fat-loss – forever.



The Cons Of Carb Intake

01. Impact or “active” carbs, like high glycemic starches and ripe bananas, spike

insulin levels and elevate blood sugar higher and faster than all other macronutrients.

Even though proteins and fats still affect insulin levels, in most cases, it's not to the degree that impact carbs do.

In the presence of high insulin levels it's pretty much impossible to burn fat as fuel.

Insulin can be tricky because it's your body's primary storage hormone. So although properly timed insulin spikes can help tremendously with muscle gains, nutrient partitioning (absorption and storage of nutrients), and preventing metabolic slow down —

— it can also make you fat.

I'll share exactly how to overcome this “catch 22” in a minute.

02. Consuming too many unhealthy carbs over lengthy periods of time leads to a lot of internal inflammation, which can eventually lead to other serious health issues; obesity, heart disease, fatty liver, diabetes, etc. — because it promotes excess fat storage.

This happens because of chronically high insulin levels, which eventually leads to insulin resistance. From there it becomes a downward spiral of health problems unless action is taken.

03. Carbs (especially processed carbs) are the most abused nutrient from both a health and fat loss perspective.

Processed carbs like grains and nearly ALL over the counter whole wheat products contain “anti-nutrients” that can block fat-loss and potentially cause various types of autoimmune diseases.

In fact, today's modern wheat and grains have been shown to spike insulin higher than table sugar. Kinda scary if you ask me.

That's where the term (and the book) “wheat belly” came into existence.

Consuming today's modern (and genetically modified) wheat ends up leading to all kinds of health issues and there's no doubt it can block fat-loss.

Additionally, the gluten component in these types of carbs can make them even more problematic because of the inflammation it can cause.

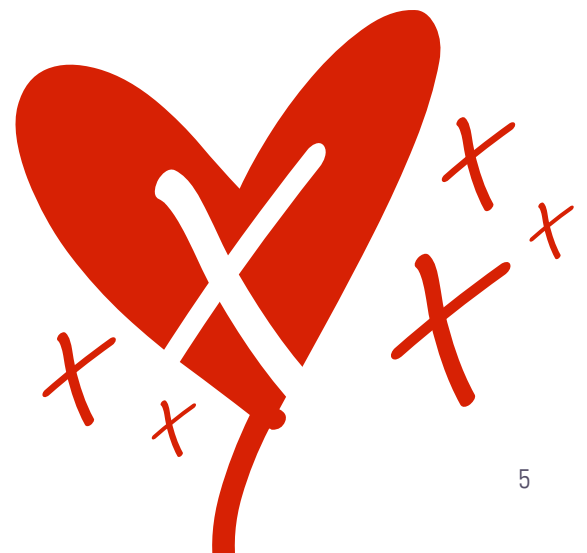
Processed carbs can also hide nasty fillers and chemicals that can block your body's ability to burn fat. These are often referred to as obesity additives.

04. Excess carb intake creates a lot of water retention, which leads to a soft look so it makes you look and feel bloated.

As I'll discuss below, for every gram of carbohydrate you consume your body will hold almost an additional 3 grams of water.

So if you want to look lean... and you want to “feel” leaner, you have to learn how to manage your carb intake.

This is why people drop weight so fast when they cut carbs. But losing weight on the scale can be misleading. People think they're getting results, but what they're really doing is losing water and possibly even muscle.



How Carbs Can Keep You Lean 365 Days of the Year...

So now that you've had a quick snapshot of how and why carbs can make you fat, let's discuss, in detail, why carb intake is necessary in order for you to burn belly fat and maintain a healthy metabolism long term.

Carbs = Fuel

Most people aren't even aware of the fact that carb-based starches like brown, black, and white rice along with tubers like sweet potatoes and white potatoes provide the purest, most natural source of fuel than any other food: Glucose – one of the oldest evolutionary fuels on the planet.

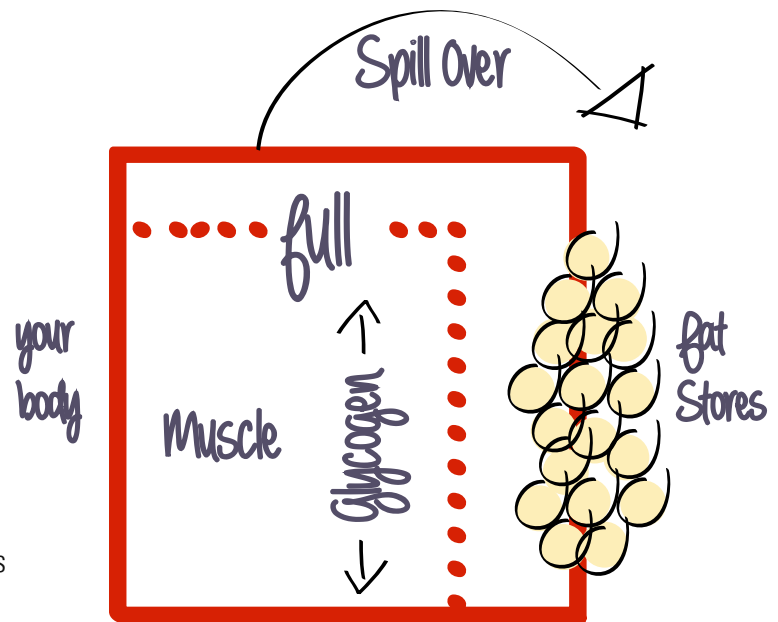
And if you exercise consistently you'll only store ONE out every 120 calories from glucose as fat.

We use glucose as an internal fuel source and it's the building block of foods, even as far back as the caveman days.

But our lifestyles have changed dramatically over the years. Our quality of food and our food choices are different than they used to be. Most people wake up nowadays and grab a quick, processed snack like a bowl of cereal, a bagel, whole-wheat toast, muffins, doughnuts, or even fast food laden with high fructose corn syrup.

Over time this is what makes you fat because unlike other foods, as soon as a carbohydrate enters your mouth it's instantly available for energy needs.

AND when energy intake is abundant and little or no energy is expended, muscle and liver stores over fill, and the body



starts storing the unused energy from carbohydrates as fat.

So any and all impact carbs you eat will "spill over" and be stored as fat.

Therefore, if you're completely sedentary you should definitely eat more like a caveman to stay lean and healthy – and avoid fat "spillover".

Cut out processed foods, limit impact carb intake and focus on animal and plant proteins, vegetables, moderate amounts of whole fruits, berries, and friendly fats (raw nuts and seeds, coconut oil, avocado, etc.).

But if you're reading this you should already be active or starting to exercise, which means you should be adding some strategically timed low sugar, gluten-free starches and fruits to your plan consistently to enhance fat-loss.

Get Off The Couch!

As you move more, your body will start processing and using glucose and other sugars from carbs more efficiently.

So once you start losing some weight and you're consistently using strength and interval training, over time you'll dramatically improve your insulin sensitivity.

This means as you start to lose weight and get leaner, your metabolism changes.

And when this happens you gotta "get smart", which means you have to customize, tweak, and adjust your plan to fight certain diet adaptations.

This is when the pure starches and fresh fruit from nature will help you...

- + Build muscle
- + Boost metabolism
- + Raise thyroid output
- + Keep leptin (your body's #1 fat burning hormone) levels in check
- + Improve the free testosterone to estrogen ratio for both men and women
- + Burn more lower stomach fat

So even though you should strategically be limiting carbs on some days to accelerate

fat-burning, starches and fruits right from nature should consistently be a part of your plan a few days of the week.

The best choices are tubers (sweet potatoes, potatoes), squash (acorn and butternut), different types of rice (yes – even white rice is acceptable), gluten free oats and all fruits.

You'll have plenty more to choose from below, but both starches and moderate amounts of fruit should be your long term staples.

What About Fruit?

Some fruits are better than others -- but fruit doesn't make you fat. That's a load of B.S.

However, too much fruit can cause excess fructose to "spill-over" from the liver, which raises bad triglycerides, potentially causes a fatty liver, and proceeds to store as fat.

So there are times where cutting out fruit can help accelerate fat-loss because it cuts down on your fructose intake. This helps deplete liver glycogen, which can be a catalyst to burning more fat.

The Pros of Carbs



01. Carbs are muscle sparing.

In other words, they preserve and prevent the breakdown of lean, calorie-burning muscle tissue.

In other words they promote an “anabolic” environment.

They do this primarily through the stimulation of insulin, which (like I mentioned above) is your body’s primary storage hormone. This helps create a muscle building environment inside your body.

For now, just remember that when you engage in regular high intensity exercise sessions your body can release more stress hormones (cortisol) and tend to go into a catabolic state.

This can cause you to lose precious muscle tissue and slow down your metabolism (aka Metabolic Slowdown).

But if you’re eating more all-natural, impact carbs at the right times you’ll keep your metabolism humming along and you’ll prevent muscle loss by maintaining an “anabolic” environment (i.e. anabolism) inside your body.

02. They replenish glycogen and help reset our fat burning hormones.

Remember, any time you carb deplete it only takes about 72 hours to drain glycogen levels (the energy stored inside your muscles and liver).

This is a great short-term approach for fat-loss, but it can put you in a trick bag because your fat burning hormones will plummet and put the brakes on your metabolism.

In fact, it only takes about a week of “dieting” to suppress your thyroid and leptin levels significantly.

So by regularly consuming all-natural starches and whole fruits you’ll increase leptin sensitivity and help your thyroid convert T3 to T4 more efficiently. This will keep your metabolism “happy”.

Additionally, carbs provide energy to the brain and the body.

They’ll replenish your glycogen levels to sustain you with adequate energy for your workouts and living everyday life.

03. Carbs fuel a necessary metabolic process called “glycolysis”, which fuels anaerobic (high intensity activity).

This means that certain carbs (especially all natural starches) contain the purest glucose molecules that fuel our “anaerobic” activity, which is higher intensity exercise like intervals, bursting, weight training, MRT, metabolic circuits etc.

So certain healthy carbs help fuel your body’s ability to more “efficiently” use carbohydrates as energy. This will result in overall greater fat-loss.

You’ll also be more efficient at generating adequate energy by promoting the production of ATP (our bodies primary energy system).

The Bottom Line

Now you can probably see why you NEED certain impact carbs.

They contain the purest starch and the glucose polymers our bodies need to fuel anaerobic metabolism and help with recovery, hormones, and insulin.

Healthy carbohydrate intake facilitates a few vitally important processes, which are SUPER important for long term fat-loss.

And believe it or not, many times the pure amylopectin starch found in the white starches like potatoes and rice is less problematic than a starch containing gluten or lectins that you get from whole grain / whole wheat foods.

Another solid reason to eliminate processed whole wheat / grains and go with glucose instead.

And although you probably won't ever get this advice from a fitness magazine, a diet book, or your local health guru – this is REAL nutrition based on some pretty simple science.

All of this means one thing. When you take the “smart” approach, properly consumed carbohydrates can increase fat burning and create a healthier metabolism.

Eat LOADS of Carbs and NEVER Store Them as fat...

There are 3 time-tested strategies that you can use to eat tons of carbs and never have to worry about fat “spillover”.

1. Time them properly.

2. Combine them properly.

3. Prepare them properly.

If you don't fully understand these 3 tricks this entire carb cycling process could backfire on you.

Trick #1: Carb Timing

First up – Good:

A good time to consume healthy starches or fruits is first thing in the morning or upon waking up for a few reasons.

1. You've fasted all night while you sleep so glycogen levels have been somewhat depleted and this leaves extra room for carbs to replenish lower glycogen stores.

This is especially effective if you work out in the a.m.

If you don't train in the a.m. make sure to save your starches and fruits for later in the day after your HIRT workouts. See below.

2. Your metabolic rate runs highest during the a.m. hours (or after you wake up from sleeping) than it will later in the day so you'll more likely use these carbs as energy. One exception to this rule is the post-workout window.

3. Insulin sensitivity is also higher when you wake up than other times of the day, which allows your body to utilize carbs and limit fat spillover. It won't be as high as your post workout window, but it's the next best thing.

Next up – Better:

An even better time to consume starches and fruits is a few hours before high intensity resistance training (MRT, body-weight circuits, or metabolic circuits) or a heavier weight training session.

This will ensure that these carbs are used as energy during and after the workout to avoid fat-spillover – and provide sustained energy throughout the workout. Better performance = better results.

Additionally, the extra insulin release will help prevent muscle loss and increase gains in lean muscle tissue.

This strategy should only be used during the 14 day plan on Carb UP days if your goal is to gain muscle.

Otherwise you should be using the next strategy...

Last up – BEST (use as much as possible):

The best time to consume pure glucose polymers from starches and sugars from fruits is in your post workout anabolic window of opportunity, which is anywhere from 1 to 4 hours after high intensity training.

In fact, if you work out late at night you could actually consume your LARGEST carb serving of the day right BEFORE bed and not worry about fat spillover.

I don't recommend eating right before bed over the next two weeks, but it's better than NOT having your starches and fruits on Carb UP days.

And it does prove the point that eating late at night doesn't really make you fat.

That's because when you work out intensely enough you'll set off several powerful metabolic triggers no matter what time of day it is:

- + Accelerated depletion of muscle glycogen
- + Stressing of creatine phosphate stores
- + Release of catecholamines (fat burning hormones)

The end result ends up being increased fat loss and something called "supercompensation" through stimulation of Glut 4 (a glucose transporter).

This effect simply means storage capacity inside your muscles and liver that's well above normal levels, and this is greatly enhanced during the post workout window.

Other benefits include increased insulin sensitivity, glucose uptake, and glycogen synthesis. Again, under these conditions your body will store carbs (and other macro-nutrients) at a much faster and higher rate than normal.

Regardless if your goal is fat loss, strength, performance, energy, improved health or anything else, it's critical for you to understand the process of carb timing.

Trick #2: Carb Preparation

This one is short, sweet, and should be very obvious.

Steam/boil your rice and bake your potatoes. Don't fry them

or douse them in tons of oil. In fact, the LESS ingredients you use with your starches and fruits, the better.

They can work their magic best when eaten in their most natural form.

Of course, fruits should be eaten as whole fruits with the skin. It should go without saying you shouldn't eat fruit from a can and always try to go organic or buy directly from a local farm when possible.

Today's farming has dramatically increased pesticides inside and on the outside of fruits...and the depleted soil from the years of abuse has dramatically lowered the nutrient quality as well.

Unfortunately chicken fried rice, a loaded baked potato, and fruit cobbler (yummy!) aren't part of this strategy. lol. Save them for your cheat day.

Trick #3: Carb Combining

Food combinations are another HUGE aspect of sustained fat-loss so read this carefully. It will help you understand how to be a long term fat burner.

Consistently combining your foods the right way is what will help KEEP your body in a fat burning environment.

There's a lot of debate about how to combine foods, but I've always focused solely on keeping blood sugar stable and preventing insulin spikes at throughout the day.

This not only enhances your body's ability to consistently use fat as fuel, but also promotes overall health and general well-being. If you learn how to control blood sugar, you'll potentially avoid cardiovascular disease and even epidemics like diabetes.

Additionally, your energy will increase in a big way.

There are, however, a few exceptions to this rule. Here are all the details on food combining for FASTER fat loss:

1. NEVER eat carbs by themselves

Remember, almost all impact carbs tend to spike blood sugar (raise insulin) more than other foods which creates a

fat storing environment inside our body. In fact, it's nearly impossible to burn fat in the presence of high insulin.

So always combine your impact carbs with some type of lean protein and some fibrous veggies.

2. ALWAYS have some type of high quality complete protein in every meal when possible

Consuming protein in every meal will keep your body in a consistent anabolic (muscle preserving) state. Protein also provides muscles with a steady stream of amino acids to help assist in repair and growth of lean muscle tissue.

This will also help keep blood sugar more stable throughout the day to keep you in a high energy – fat burning environment.

Also, the thermic effect of protein will help prevent metabolic slow down and burn more calories (in other words, your body will burn more calories digesting and breaking down protein than it will digesting and breaking down fat and carbohydrates).

So by consuming protein frequently throughout the day you'll naturally burn more calories. I also find protein helps fight off the cravings.

Another bonus side effect of being a carnivore. No offense to all my vegetarian and vegan followers out there. ;-)

In fact, the human body could go years without consuming carbs (obviously NOT recommended). But without protein intake you'd be dead in just a few short weeks.

All your organs, your muscles, even your brain would deteriorate and you'd die. Protein intake is vital to life and long term health.

I just had to drive this point home because I hear so many people bashing protein intake these days.

3. Try to limit fat intake when eating starches or fruits (impact carbs)

After consuming carbs, anything present in the bloodstream has a much greater likelihood

of being shuttled into the cell because you've just spiked insulin – your body's primary

storage hormone.

So if you eat fat with your carbs when insulin levels are elevated, it's more than likely to result in it being stored as fat.

By keeping fat intake a little lower in meals that contain starches and/or fruits you'll avoid insulin AND fatty acids being present together in the blood stream.

Remember, high glycemic carbs + fat = potential fat storage.

A good rule of thumb for combinations is:

✦ Protein + Carbs (limit fats to under 10-15 grams)

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* Always remember veggies are pretty much unlimited and under most circumstances they don't count as "impact" carbs.

4. Be conscious of fat intake before and after workouts

Fats tend to slow digestion and keep insulin stable. This is a great benefit during other times of the day, but pre and post workout is the one time of the day where we want to speed up absorption and intentionally spike insulin.

This is the ONE exception to the rule of keeping blood sugar and insulin stable. Here's why.

Spiking insulin after workouts (by limiting fats and just eat-

ing carbs and protein together) will help force more nutrients into muscle tissue.

Remember, insulin helps create a muscle building environment inside your body during exercise and it prevents the breakdown or loss of precious muscle tissue.

So if you recall what I just mentioned above about Glut 4 activation and nutrient partitioning, it only makes sense to have our largest carb serving of the day in our post workout window (usually within an hour afterwards is best but it can last up to three hours).

Take home message: Always combine your post workout starches and whole fruits with a hefty serving of lean protein and limit fat intake when possible.

There's been a lot of debate about fat in post workout meals recently... and the research points in a couple different directions.

Regardless, I still recommend keeping fats on the lower side for post workout meals because I's the only time we're intentionally "wanting" to spike insulin.

But ultimately I don't think it's THAT big of deal if you have over 10 grams of fat post workout. Just be conscious of it.

I will end this subject by saying this though...fats are definitely the LEAST important pre and post workout nutrient.

Now you can see how it's possible to eat LOTS of carbs and NEVER store them as fat.